STEPHEN COLBERT IS READY FOR LATE NIGHT

THE COMEDIAN SAYS HE'S OK WITH RETIRING HIS ALTER EGO. PAGES 18-19

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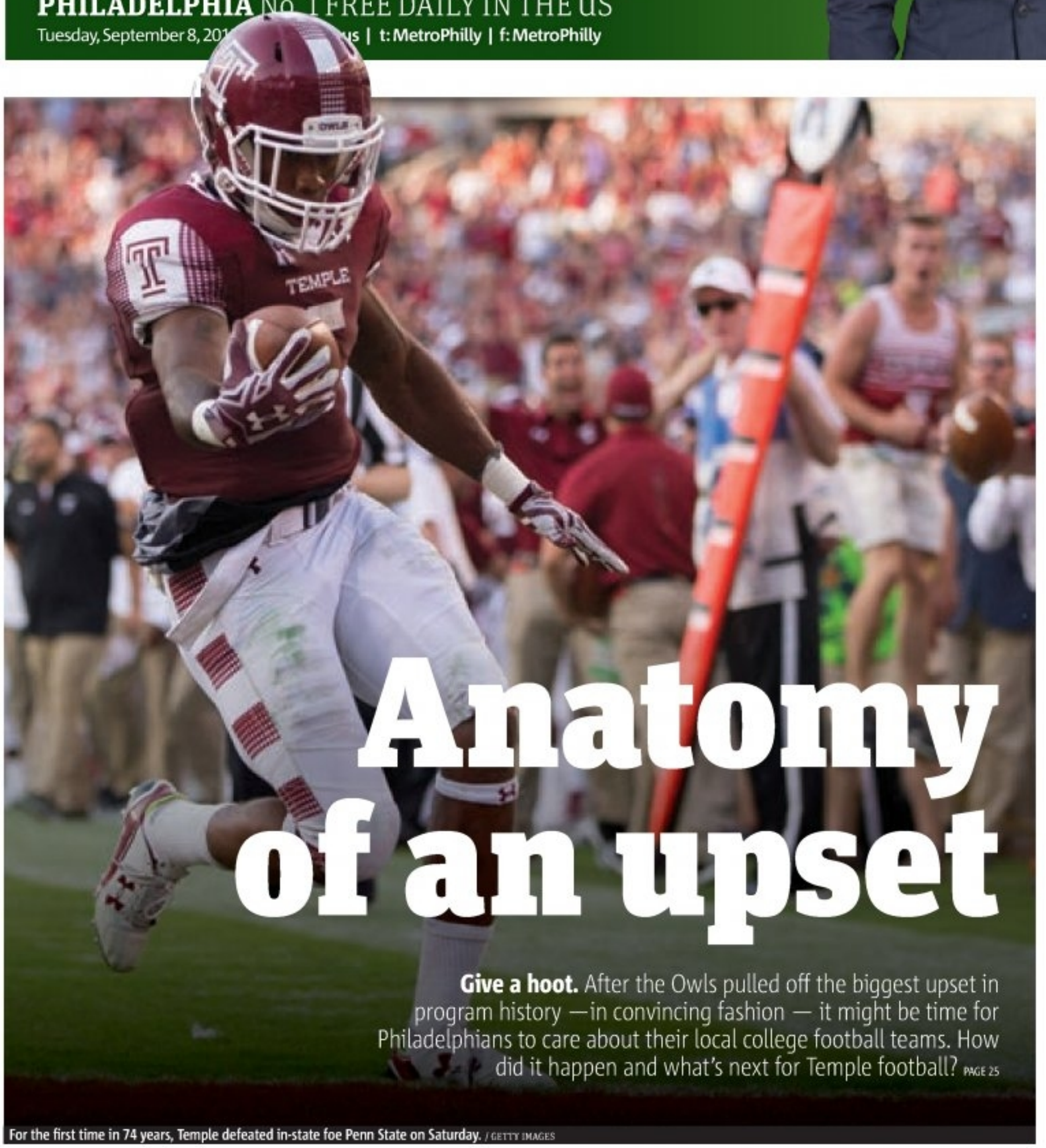

Anatomy of an upset

Give a hoot. After the Owls pulled off the biggest upset in program history —in convincing fashion — it might be time for Philadelphians to care about their local college football teams. How did it happen and what's next for Temple football? PAGE 25

For the first time in 74 years, Temple defeated in-state foe Penn State on Saturday. / GETTY IMAGES

Twitter gets action from SEPTA police chief

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Chris Evans goes from Avenger to director

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How to do a triathlon that trains your mind

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How many wins for the Eagles? Take the quiz!

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Top 3

The best of Metro.us

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2 '2015 College Football Labor Day weekend TV schedule (Week 1 NCAA)'

3 'OkCupid hacks: Five lessons from a math genius'

On the go

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Tweet at SEPTA police chief gets swift action

Twitter. A report of IV drug use on the el got Chief Thomas Nestel's notice.

Nestel and the 34th Street station. / FILE PHOTO

It's no secret that SEPTA chief Thomas Nestel is active on Twitter. The transit authority's top cop routinely tweets out entertaining reports of fare-jumpers and festive well-wishes to law-abiding passengers from his account, @TNestel3.

On Sunday night, though, Nestel received a gravely serious tweet from a citizen reporting intravenous drug use on the Market-Frankford Line. Within minutes, SEPTA cops were on the scene.

"It was a 30-year-old Philly resident," Nestel told Metro about the suspect. Nestel's officers "stopped him, frisked him for safety due to the report of hypodermic [needle] use, did a field interview, offered medical assistance which was declined, and told him why he had been stopped."

Nestel said the suspect "denied any drug use" but that he showed telltale signs of intoxication. "His pupils were pinpoints and did not react to light," Nestel said.

The concerned citizen who sent Nestel that tweet spoke with Metro on the condition of anonymity.

"I just thought it was a pretty absurd thing for him to be doing in plain sight of other riders and potentially children," the man explained. He said that Nestel's routine friendliness and accessibility gave him the idea to report the incident.

"I heard Chief Nestel speak at a neighbors' association meeting once," the man said, "and he seemed very plugged into social media, so I figured, 'Why not?'"

The concerned citizen added that he figured "police would be able to at least point him in the right direction for some help."

It seems that's exactly what Nestel has in mind, too.

"We do not receive many calls from riders reporting drug use," Nestel explained. "Something that I always keep in the back of my head when we do receive a call about someone unconscious or appearing to be drunk or high is, 'Would I rather they have been behind the wheel of a car?'"

The chief went on to say that "maybe they made some bad decisions getting in the condition they are, but maybe they made a good one, too" by not driving.

"I was really amazed by how rapid the response was," the good Samaritan said about his tweet report to Nestel.

For their part, SEPTA cops are going to check the security video to see if the man was shooting up on the subway line as was reported.

"After that, we will decide how to proceed. The goal will be to get him in rehab," Nestel concludes, "and if that requires an arrest, then we may pursue that avenue."

JOSH KRUGER
@METROPHILLY
letters@metro.us

Deadly Labor Day weekend in Philly

The three-day Labor Day weekend turned into a protracted period of mayhem and destruction.

Over the weekend, to cite just a few instances, the Philadelphia metro area witnessed: a shooting in front of the Theatre of the Living Arts at Fourth and South streets that killed one man; a woman who authorities said leaped in front of a police wagon at 56th and Spruce streets who is now hospitalized; a skateboarder in his 20s killed by a motorist in Plymouth Township in Montgomery County; and two pedestrians killed by a taxicab at Broad and Race streets.

Cops said that the victims of the taxicab incident, a male and female both in their 20s, were in town for the Made in America concert.

In addition to those incidents, the Philadelphia Police Department is also currently searching for the culprits behind a bizarre incident at Fourth and Lombard streets.

Cops say that a car was overturned by a group of passersby early on Labor Day. Authorities are still trying to make sense of that one.

These kinds of spikes in accidents and crime aren't uncharacteristic, according to experts.

It's common for motor vehicle deaths to increase on holiday weekends, according to the Pennsylvania Media Association (PAMED).

"An emergency medicine specialist who has worked over Independence or Labor Day has likely seen a traffic accident victim rolled into the emergency department," said PAMED's Dr. Bruce A. MacLeod.

JOSH KRUGER

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Snot? Why not?

Green is the new black at Franklin Institute

This evening, grownup geeks can indulge their whims at the Franklin Institute's "Science After Hours" program, "an evening event series exclusively for adults 21 and older featuring experiments, demonstrations, games and innovative and engaging science."

Franklin Institute
CREATIVE COMMONS

Tuesday night's event takes a look at the color green it its aptly named presentation "Green: From Eco Friendly to Envy."

Together with the Morris Arboretum, FI plans to "explore the color of ecology, envy, money, snot and ham (well, OK not ham) from every angle."

Those interested in seeing green are strongly encouraged to purchase tickets ahead of time. The event runs from 7-10 p.m. and costs $10 for Franklin Institute members or $15 for non-members.

Visit the institute online at FI.edu /special-events /science-after-hours.

JOSH KRUGER

Ask SEPTA

JOE CASEY

SEPTA GENERAL MANAGER

Send your questions about SEPTA services and other issues about the transit agency to sam.newhouse@metro.us. They will be forwarded to Joe Casey who will answer them in a special monthly column here.

SEPTA PREPS FOR PAPAL VISIT

Will regular riders need to buy a special Pope Pass to ride Septa trains on Monday, Sept. 28? SEPTA's website says we will not, but many reports say we will. Which is right? Will we be able to get to work on the Monday after the papal visit? Should regular riders worry about being able to get to and from work on Friday, Sept. 25?

Riders are not required to buy a papal visit pass to ride trains on Monday, Sept. 28. Both Regional Rail and transit riders may use regular fare instruments, although those who purchased the three-day Transit Papal Pass to ride SEPTA, buses, trolley and subway trains will also be able to use their special pass for one last day. As we get closer to the event, we will provide further details at Septa.org regarding how preparations for the papal visit will impact service starting with some bus detours on Wednesday, Sept. 23, and stations closures starting at 10 p.m. Thursday, Sept. 24, and continuing on Friday, Sept. 25. We also anticipate that Regional Rail service levels will be adjusted on Friday, as well as on Monday when trains will be out of position due to the residual effect of the late night train service on Sunday night.

How does SEPTA plan to reimburse regional rail riders who purchase a monthly September TrailPass and/or weekly TrailPass for the week of Sept. 21 as they will be unusable for regional rail service during the papal visit on Saturday, Sept. 26 and Sunday, Sept. 27, due to the mandated, yet limited, Papal Passes?

Given the excitement and the expected attendance to the papal visit, special service modifications have been developed and SEPTA recognizes that these changes may interfere with normal travel. Due to the impact these service adjustments may have on existing customers, SEPTA will offer a credit toward a future pass for those who have purchased September monthly passes and those who will buy weekly passes that include the weekend of Sept. 26-27.

Credits that will be available for passholders are as follows:

- Those who have purchased monthly TrailPasses or TransPasses for September will be eligible to receive a $5 one-time credit on the purchase of an October, November or December monthly pass.

- Weekly TransPass customers who purchased the Sept. 21 weekly pass will be eligible to receive a $2 credit. Those with Sept. 21 weekly TrailPasses from all zones can receive a $10 credit. These one-time credits for weekly passes can be applied to a week of the customer's choosing through the end of December.

- Customers must turn in their old passes when purchasing the monthly or weekly pass for which they want the credit applied, so those who want to receive the credit are reminded to hold onto their old pass.

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DEMOCRACY DEAD IN PHILLY

Your local elections don't mean anything now thanks to a new bylaw that the chairman of the Philadelphia Democratic Party, Bob Brady, put into effect.

Go to Room 142 of City Hall and request a copy of the updated Rules of the Democratic Party. It's free. Then go to Page 30 and read the second clause of Section C of Article 4:

"Provided, however, that should the County Committee reject the district caucus nomination, the matter in issue shall be referred to the district caucus for a further consideration and recommendation, and should the County Committee again reject the recommendations of the district caucus, the County Committee shall then make the required nomination; and the aforesaid certificate shall so state."

Translation: If the district you live in votes for someone in your community to represent the area — the County Committee, led by Brady, now have the right to reject that person and put whomever they feel fit to lead in their place.

In a democratic town like Philadelphia, that is election by fiat. Philly, democracy as we now know it is gone.

This bylaw got notarized and approved in March 2014, just a month before the May committee elections that Brady ran in and won. These changes wouldn't be made public until October 2014, several months after that election. City Commissioner Chairman Anthony Clark approved these changes in March and yet waited nearly seven months to release them.

Why is that?

Answer: They probably didn't want anyone to know. Clark didn't even notify his fellow members of the Board of Elections, City Council Commissioner Stephanie Singer (D) and City Commissioner Vice President Al Schmidt (R).

"Brady made these changes and Clark didn't even run them by the Board of Elections — I know people on the state level who weren't even made aware of the bylaw that they were in charge of approving," Singer said. "I'm curious to know who from the Pennsylvania Democratic Party allowed for it to get notarized."

"We don't address election changes until such rules are made public to Room 142," Schmidt said. "Only then will such matters affect my role because what individual parties do among themselves is separate."

Such "matters" that would give more power to the leader of the Democratic Party of Philly weren't made available to voters until after Brady's reelection in May. During that election, Singer said that "the DA's office received more complaints about voter violations during that election than in recent years." Cameron Klein, communications director of the Philadelphia District Attorney's Office, said that "about 70 complaint calls were made during those elections" to their voter grievance hotline.

Singer even claims that her signature was added to election results without her knowledge to unfairly rush the process of voters being able to file those concerns with a judge.

"The Board of Elections put my signature on the certification of those May election winners without my approval nor consent — after every election there is a five-day grace period for grievances to be made. … They sped that process up to only one."

In March, The Philadelphia Inquirer reported that Singer "attempted to file a complaint with District Attorney Seth Williams against Clark and Schmidt, claiming they had violated technical rules on when to certify the winners of candidates for Democratic and Republican committee posts." Both men have publicly dismissed the allegations to the press.

The special elections last month saw three new members of the Democratic Party become state representatives due in part to the fall of their predecessors in the Kathleen Kane bribery scandal. How democratic were their elections given that this new clause has been in effect?

What if a district didn't want them elected? Today, that wouldn't matter as long as the County Committee — a collection of ward leaders and citywide power brokers — has a say in it. It's very obvious that former City Councilman Ed Neilson of the 174th District benefited from this special state representative election after losing a potential City Council incumbency in May.

The new bylaw allowed the committee to pick Neilson to represent an area on the state level after his constituents rejected him on the local level.

Even the newly elected state Rep. of the 191st District, Joanna McClinton, a former chief counsel to ward leader and current state Sen. Anthony Williams, had enough political capital to make herself an overnight stateswoman.

The political machine has officially crossed the line with this questionable policy. Voters can now stay home because if "the County Committee again reject[s] the recommendations of the district caucus," they "shall then make the required nomination" for us.

So what's the point? The Pennsylvania Democratic Party owes us answers as to why they would do this to voters.

Let's not forgot what city we're in. Democracy, please stand up.

The Ernest Opinion

ERNEST OWENS

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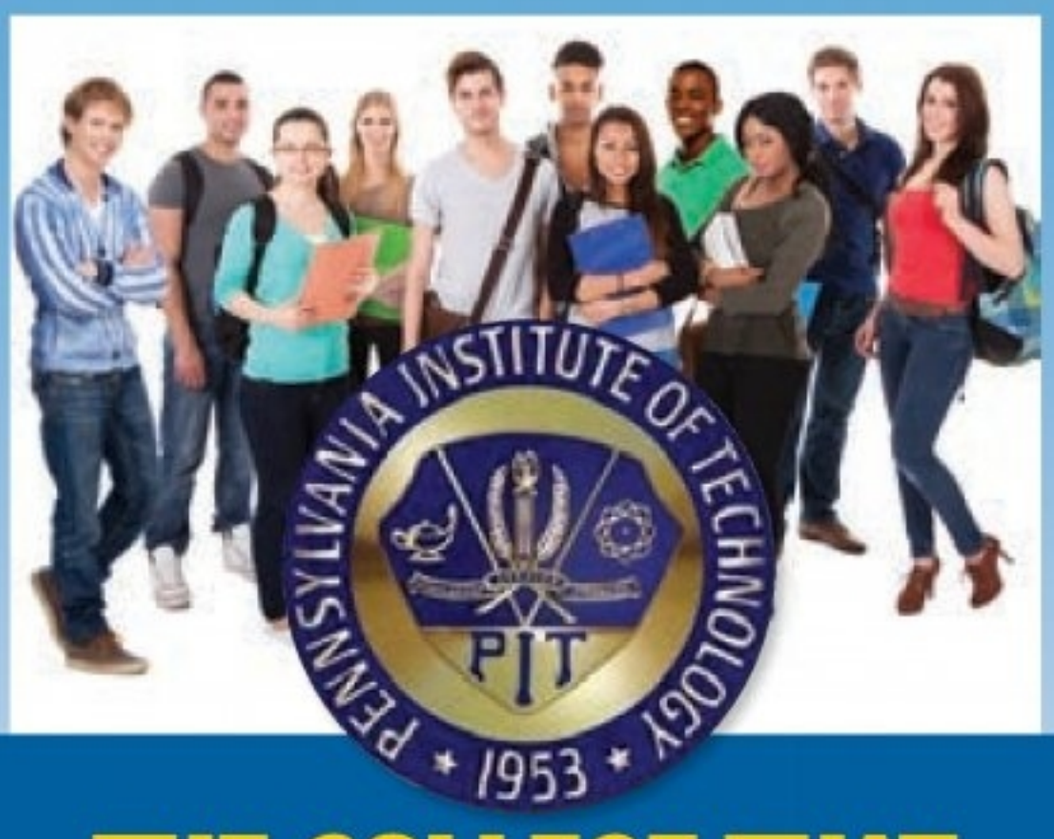

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Rowan County clerk Kim Davis is shown in this booking photo provided by the Carter County Detention Center in Grayson, Kentucky / COUNTY DETENTION CENTER, HANDOUT

Jailed Kentucky clerk seeks emergency injunction in case

Defying. The lawyers sought the injunction on the fifth day that Davis was in jail for contempt of court.

Lawyers for jailed Kentucky county clerk Kim Davis said on Monday they had asked an appellate court to force Gov. Steve Beshear to let her refuse to issue same-sex marriage licenses based on her religious convictions.

The lawyers sought emergency relief from the 6th Circuit Court of Appeals, asking it to grant Davis an exemption from the "governor's mandate that all county clerks issue marriage licenses," the nonprofit legal advocacy group Liberty Counsel, which represents Davis, said in a news release.

"The governor's refusal to take elementary steps to protect religious liberties has now landed Kim Davis in jail," Liberty Counsel founder and chairman Mat Staver said.

"As a prisoner of her conscience, Davis continues to request a simple accommodation and exemption from Gov. Beshear, who is overseeing Kentucky marriage policy," said the emergency request for an injunction.

Outside Carter County Detention Center in Grayson, where Davis was being held, about 150 supporters gathered, local media reported. On Tuesday, Republican president hopeful Mike Huckabee was expected to hold a rally in support of Davis outside the jail.

"[We're] encouraging all the neighbors to pray for David Bunning to let Kim Davis go," protest organizer Cal Zastrow said.

The exemption would cover all marriage licenses. The lawyers in their court filings on Monday referred to some of the options they have suggested other than mandating the clerk's name on all marriage licenses. They ranged from having the county judge executive issue the licenses to allowing a deputy clerk to issue them devoid of Davis' name or authority as county clerk. REUTERS

Demonstrators

30

A group of about 30 demonstrators descended on Bunning's neighborhood in a Cincinnati suburb in northern Kentucky to pass out fliers in support of Davis, said Lt. Casey Kilgore of the Fort Thomas Police Department.

Illinois

Funeral of police officer draws hundreds of mourners

Hundreds of mourners gathered in Illinois on Monday for the funeral of police officer Charles Joseph Gliniewicz, who was shot last week while pursuing three suspects who are still on the loose.

Police officers from nearby towns were among those who filled the Antioch Community High School auditorium to pay last respects to Gliniewicz, an officer for the village of Fox Lake in northwestern Illinois. Two overflow rooms were also nearly full.

"The nation now knows he's a hero," his brother Michael Gliniewicz, a member of the Antioch Fire Department, told mourners.

Outside the high school, hundreds of people lined the sun-washed streets to watch the funeral procession. They held American flags and tied blue ribbons around their wrists as a tribute to Gliniewicz.

Some held homemade signs saying: "Rest in Peace, Joe." Two fire truck ladders held a large U.S. flag that waved in the wind. REUTERS

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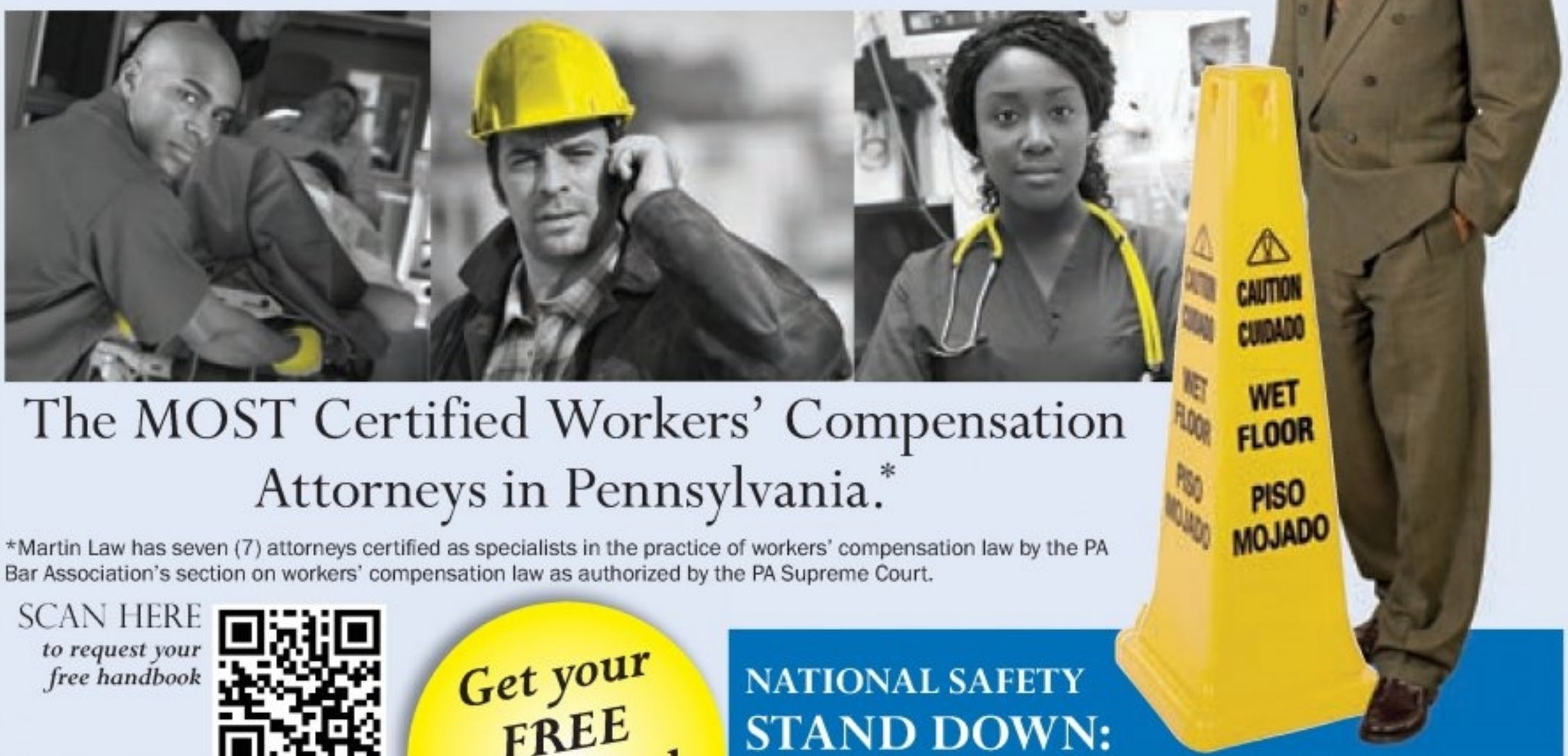
-George Martin



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Labor Day rally. VP gives glimpse of a Joe Biden 2016 candidacy

Vice President Joe Biden greets supporters during the annual Allegheny County Labor Day Parade in Pittsburgh. / GETTY IMAGES

Vice President Joe Biden on Monday gave a glimpse of what a Biden race for the Democratic presidential nomination would look like should he decide to make a late entry into the race after a highly public period of soul-searching.

In a speech and walkabout at a rally in downtown Pittsburgh, Biden marked Labor Day with a full-throated appeal for steps to fix income inequality and gave a picture of the personal touch he would offer on the campaign trail.

Biden, 72, looked energetic and eager. He jogged back and forth across a downtown Pittsburgh street to greet people who met him with cheers of "Run Joe Run."

He seemed to be genuinely enjoying himself as he snapped selfie photos and waded into the crowd to shake hands.

Biden is conflicted about entering a Democratic race for the November 2016 election dominated thus far by Hillary Clinton, the party's favorite, and self-described socialist Bernie Sanders. REUTERS

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TAKING THE PLEDGE

The Foreman Forecast

TOM FOREMAN

TOM FOREMAN IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK " MY YEAR OF RUNNING DANGEROUSLY."

What the heck has happened to the Republican Party when it has to make its own candidates sign pledges to, you know, be Republicans? Oh well. In that spirit, I'm pledging these are three things to watch in politics this week.

1. PLEDGE TO BE FUNNY: Richard Nixon went on "Laugh In," Bill Clinton's ax was the sax on "The Arsenio Hall Show" and now Barack Obama is getting woodsy with Bear Grylls. So no wonder the presidential wannabes will be storming entertainment shows as the fall seasons get underway. To list a few bookings: Trump will tower over Jimmy Fallon ("No questions about foreign leaders or you're a loser! Got it?") Clinton will sit down with Ellen DeGeneres ("Can you email the details ... oh wait") and interestingly, Vice President Joe Biden will get cozy with Stephen Colbert ("Or maybe I won't. I'm still deciding"). And so will Jeb Bush ("Well, yes, I am still running. Why do you ask?").

2. PLEDGE TO KEEP IT CLEAN: I told you last week that the president's nuke deal with Iran is done like a meatloaf. It's still true. Opponents pushing an alternative can't drum up enough support to defeat a White House veto, but they are still trying to pass it if only for form's sake. So Hillary Clinton will weigh in with her support on the Democratic side Wednesday, while Republicans Donald Trump and Ted Cruz will simultaneously rally against the whole scene. I'd tell you more, but the first rule of Fight Club is still ...

3. PLEDGE TO NOT TOUCH THAT DIAL: If you are in New Hampshire (and why wouldn't you be?) watch for Jeb Bush commercials while you're scarfing wings at the watering hole. The former odds-on favorite for the GOP nomination is trying to get his mojo back with a big TV buy. A half million in New Hampshire? Yes, I'm sure that will do it.

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Five things you

1 'Glaring errors' led court to annul Knox murder conviction

Italy's top court threw out a conviction of American Amanda Knox for the 2007 murder of her British flatmate due to "glaring errors" in the case against her, a document showed on Monday.

The brutal stabbing of 21-year-old Meredith Kercher prompted a zigzag of contradictory rulings which ended in March with the acquittal of Knox and her Italian boyfriend Raffaele Sollecito, casting an uncomfortable spotlight on Italy's legal system.

The Court of Cassation said there were no certain biological traces of Knox or Sollecito in the room where the murder was committed, nor on the victim's body.

"There was no shortage of glaring errors in the underlying fabric of the sentence in question," the court wrote in the official explanation of its reasons for striking down the second guilty verdict handed to the pair.

Ivory Coast-born Rudy Guede, who is serving a 16-year sentence for the murder after opting for a fast-track trial, left "copious" biological traces at the scene, the court said.

Knox and Sollecito said they were innocent of killing Kercher, who had been Knox's housemate in the town of Perugia, throughout two convictions, two acquittals and four years each in jail. REUTERS

KNOX / GETTY IMAGES

2 Obama orders government contractors to offer paid leave

President Barack Obama ordered government contractors to offer their workers seven days of paid sick leave a year and, without naming them, knocked Republican presidential candidates for advocating what he said were anti-union policies.

Obama signed an executive order on sick leave during a flight on Air Force One to Boston, where he spoke at a union event. The White House said it would affect some 300,000 people.

Starting in 2017, workers on government contracts will earn a minimum of one hour of paid sick leave for every 30 hours worked. REUTERS

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need to know

US asks Greece to deny Russian flights to Syria

The United States has asked Greece to deny Russia the use of its airspace for supply flights to Syria, a Greek official said, after Washington told Moscow it was deeply concerned by reports of a Russian military build up in Syria.

The Greek foreign ministry said the request was being examined. Russian newswire RIA Novosti earlier said Greece had refused the U.S. request, quoting a diplomatic source as saying that Russia was seeking permission to run the flights up to Sept. 24.

Russia, which has a base in the Syrian port of Tartous, has sent flights to Latakia, which it has also used to bring home Russian nationals who want to leave. REUTERS

Apple ups hiring to make smarter phones

Apple has ramped up its hiring of artificial intelligence experts, recruiting from Ph.D. programs, posting dozens of job listings and greatly increasing the size of its AI staff.

The goal is to challenge Google in an area the Internet search giant has long dominated: smartphone features that give users what they want before they ask.

As part of its push, the company is currently trying to hire at least 86 more employees with expertise in the branch of artificial intelligence known as machine learning, according to a recent analysis of Apple job postings. REUTERS

Uber China raises $1.2B in ongoing fundraising

Uber Technologies Inc.'s China unit has raised $1.2 billion as part of an ongoing fundraising round, the U.S. ride-hailing service's CEO Travis Kalanick said on Monday, even as its Chinese rival Didi Kuaidi raises $3 billion.

Uber's Kalanick made the comments in an interview with Chinese news website Sina.com, which were confirmed by an Uber China spokeswoman. REUTERS

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Refugees

Cyprus says it could take up to 300, preferably Christians

European Union member Cyprus said on Monday it would be willing to take in up to 300 migrants fleeing upheaval in the Middle East under new EU quotas, but would prefer them to be Christians.

The Mediterranean island of about one million people is the closest European state to Syria, which lies about 60 miles to its east. But Interior Minister Socratis Hasikos said its size meant that its reception capacity was limited.

"We would seek for them to be Orthodox Christians ... it's not an issue of being inhuman or not helping if we are called upon, but to be honest, yes, that's what we would prefer," said Hasikos. REUTERS

Hit by new wave of refugees, Germany warns EU partners

Refugees arrive at a short-term housing facility for arriving migrants and refugees in Spandau district in Berlin, Germany. / GETTY IMAGES

Dangerous voyage. Dramatic images have created new political pressure to open doors.

Struggling to cope with a record influx of asylum seekers, Germany told its European partners on Monday they must take in more refugees too, saying the burden could not fall on just a few countries.

Chancellor Angela Merkel, speaking after a weekend in which 20,000 migrants made their way to Germany from Hungary by train, bus and on foot, described the events of the past days as "breathtaking" and tried to reassure German citizens that the crisis was manageable.

"I am happy that Germany has become a country that many people outside of Germany now associate with hope," she said at a news conference in Berlin. "This is something to cherish when you look back at our history."

But she and her vice chancellor, Sigmar Gabriel, coupled their message of optimism with a warning to European Union partners who have resisted a push from Berlin, Paris and Brussels to agree to quotas for refugees flowing in mainly from Syria, Iraq and Afghanistan.

Gabriel said that if countries in eastern Europe and elsewhere continued to resist accepting their fair share of refugees, the bloc's open border regime, known as Schengen, would be at risk.

"This would be a dramatic political blow for Europe, but also a heavy economic blow, also for those countries that are saying they don't want to help now," he said.

European Commission President Jean-Claude Juncker is due to unveil new proposals on Wednesday on how to distribute refugees among member states.

An EU source told Reuters that under his plan, Germany would take on more than 40,000 and France 30,000 of the 160,000 asylum seekers the Commission says need to be relocated from Italy, Greece and Hungary, the main entry points to the EU for refugees arriving by sea and land. REUTERS

Quoted

"What isn't acceptable in my view is that some people are saying this has nothing to do with them." Merkel

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Yeah, they don't seem too thrilled to be next to each other.

1 Jennifer Garner and Ben Affleck are yelling at each other

Recent photos of Jennifer Garner and Ben Affleck hanging out and smiling together — plus reports that they've been seeing a marriage counselor — may give some fans hope that their divorce could be called off, but sources tell Radar Online that you shouldn't get your hopes up — especially not after a particularly contentious throwdown between the warring exes over which of Affleck's friends might also be having their nanny work overtime. "Jennifer verbally attacked Ben personally just over a week ago. She got p—ed off and asked him why she should be surprised that he's sleeping with the nanny when his friends are doing the same thing," a source says. "Basically she accused him of supporting another sham marriage and looking the other way." Juicy!

So how about those hints of them working things out? "They've made attempts to put on happy, cooperative faces for their uncoupling, but the argument was a watershed moment," the source says. "Ben is p—ed off, and it's had massive reverberations for Jennifer. Privately, Ben is done with the charade." Yeah, that sounds pretty severe.

2 Will and Jada somehow make it through the summer

LOOK, EVERYBODY! WE'RE HAPPY!

Let's check in with Will Smith and Jada Pinkett Smith. When we started the summer, there were reports that the long-married couple would be done by fall, but here we are post-Labor Day and they're apparently doing just fine. What's their secret? A good personal trainer. Fitness guru Darrell Foster "has been very focused on keeping Will and Jada 'on the right track' not just physically but mentally as well," a source says, according to Star magazine. "He's as much a marriage counselor as he is a boxing coach or a guy who counts pushups. He's always at their house working out with either Will or Jada when they aren't on the road filming. They now follow Darrell's advice to the letter."

Whoops!

3 Jessica Alba's Honest Company sued for not being honest enough

So Jessica Alba's business venture — the billion-dollar-valued Honest Company — is being sued because it "deceptively and misleadingly labeled and marketed" several products as "natural" when the ingredients were anything but. Can you imagine? Alba herself, apparently, can't, as she's released a statement about the suit. "The allegations against us are baseless and without merit. We strongly stand behind our products," she says in a statement. "We are steadfast in our commitment to transparency and openness."

Daily video

Puppies test the new Star Wars BB-8 droid toy

@VANITYFAIR / YOUTUBE

What could possibly be cuter than the impish BB-8 ball droid toy released on Force Friday? Making the tiny replica of the "Star Wars: The Force Awakens" breakout star do battle with some adorable puppies. The folks at Vanity Fair know simple bliss when they see it, and this one-minute video is short on information and long on epic cuteness. Catch that droid, puppies! Catch it!

2 CULTURE

Twitter feed

Today, Judd Apatow is anti-drone, Niall Horan is easily impressed, Emma Watson is taking a stand and Billy Eichner is in the holiday spirit.

@JuddApatow: Let's get rid of all drones. We know where it will lead. Violence and mayhem. Go play video games. We don't need em.

@NiallOfficial: Some of the questions I get asked on Twitter are absolutely hilarious ! You guys are brilliant

@EmWatson: #refugeeswelcome

@billyeichner: What's your favorite Labor Day song?

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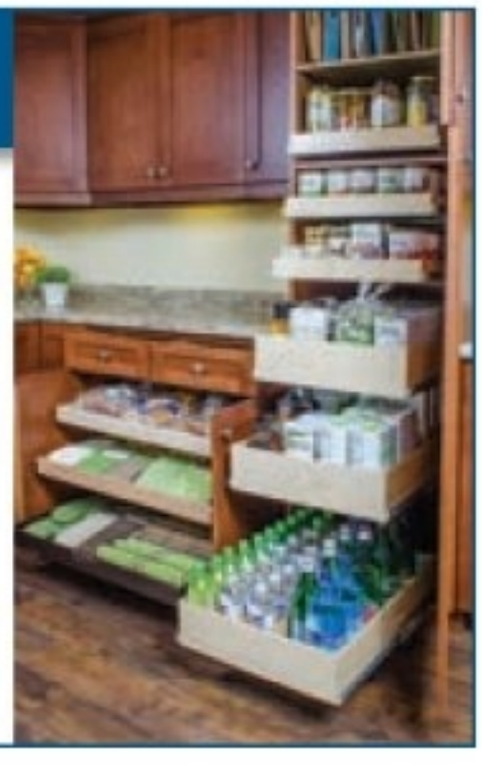

What he really wants to do is direct

Q&A. Chris Evans steps behind the camera with "Before We Go."

Getting an indie film made today can be tricky, but it helps if you know, say, one of the Avengers. Chris Evans makes his directorial debut with "Before We Go," and starring in it himself was a key to it happening at all.

Chris Evans and Alice Eve wander the streets of Manhattan in "Before We Go." / RADIUS-TWC

Were you prepared for the amount of exterior NYC filming this entailed?
You literally pray every single night for no snow because we're shooting in December in New York.

Have you thought about what you'll direct next?
I already have my next project. It's not something I can actually dive into right now, but it still is a bit of a love story — for some reason I'm all hung up on love stories.

You've mentioned not acting as much going forward and focusing more on directing.
Right. Well, if a good acting job comes along, I'm not going to say no to it, but my priority right now is still going to be trying to get behind the camera and learn and grow and get better. That's still a field where I'm very inexperienced, so I'm excited to kind of cultivate that avenue.

How about directing films you don't star in?
With this first movie, that was unfortunately part of the deal. To be completely candid, I don't know that I would get the nod to direct a film if I weren't in it. If I weren't in the movie, and I could get three or four phenomenal actors, great. I would gladly not be in it. But putting yourself in it makes that hurdle that much more manageable.

Having Chris Evans as your lead isn't so bad.
[Laughs] It's kind of one of the biggest hurdles in Hollywood right now — how do you get a film on its feet? Given this foreign presale model, and with the Marvel universe at my back, it helps to put me in the film.

One more thing

How long had you been looking for a project to direct, and what was it about this one that spoke to you?
I've been looking for a few years. It's tricky on your first one. I wish I could say it was just the project that absolutely captivated me, but to get a project on its feet for a guy who has never directed anything, it's not going to be so much of which project do you choose as which project chooses you, you know? Some projects are just the little engines that could, and it's nice to kind of find something that no one else is doing and say, "OK, I'll get my feet wet with this one." You're not going to go get some Aaron Sorkin script your first time out.

EVANS
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The hidden racism problem in health care today

Exposé. Dr. Damon Tweedy exposes the discrepancy of care between black patients and white patients, and he shares his own personal journey of becoming a doctor.

Dr. Damon Tweedy's book is out Sept. 8. / STOCKS PHOTOGRAPHY

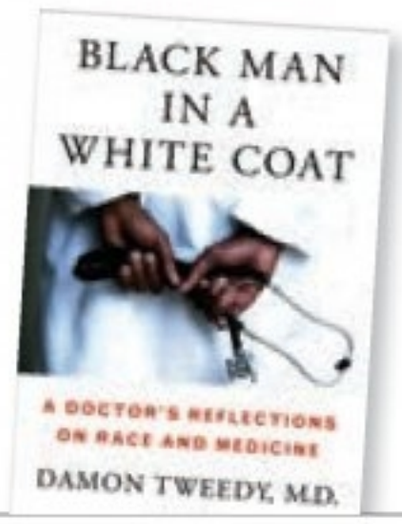
When Damon Tweedy was a medical student at Duke University Medical School, his professors often repeated the same refrain when introducing the class to a new medical disease: It was more common in blacks than whites. "There was this message that being black was bad for your health, but [no one] addressed why or what you could do about it," Dr. Tweedy says. He started digging deeper and wrote about his findings in his new book, "Black Man in a White Coat" (out Sept. 8).

One major reason Dr. Tweedy found why black patients have more health problems: They are less likely to have health insurance.

Dr. Tweedy says other races can experience a discrepancy of care too, especially when there is a language barrier. But he stresses that the goal shouldn't be to match up patients and doctors based on race. "The solutions are complicated and occur on different levels," he says. On a government level, Dr. Tweedy says ensuring that everyone has access to affordable health care is important.

He also stresses the importance of education. "Health is about a lot more than simply health care," he says. "You can offer someone the best treatment in the world, and if they can't afford it, it isn't helpful to them."

Last, he says some responsibility falls on patients themselves who need to form their own healthy lifestyle habits. "All these things have to happen simultaneously to really make a long-term dent," he says.



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Stephen Colbert is done being 'Stephen Colbert'

Interview. The new host of "The Late Show" thinks audiences are having more trouble with his old persona than he is.

In the last couple of years, the world of late night shows has seen a tremendous amount of turnover. From Jimmy Fallon taking over from Jay Leno to James Corden taking the reins from Craig Ferguson, new faces abound in late night. And now, with David Letterman's departure, the last of the late night stalwarts has left, and Stephen Colbert is preparing to take over.

Colbert begins his show with an extra challenge, in that people have never really gotten to know him as himself. Instead, he's been playing the part of "Stephen Colbert" for well over a decade now, between "The Daily Show" and "The Colbert Report," and viewers are used to seeing him as a character.

"When I interviewed the first person, the first time I did it, [the 'Colbert Report' character] sat on my shoulder and said, 'Shut up. Let me do this one. I know what to say next.' And I eventually got him to quiet down," Colbert says with a laugh.

But he thinks that the general public is having bigger issues with his old persona than he is, in response to the ongoing question if people will be ready to get to know the real him. "The 'you' that I am — he's been there the whole time. I've been wearing that mask lighter and lighter as the years go on," Colbert explains.

One thing Colbert won't worry about too much is talking to his high-profile guests, since he loved doing it as part of "The Colbert Report."

"It became my favorite part. I thought it was going to be the jokes, but it became the interviews," he says.

He's got quite a list of guests coming up for the first couple of weeks on his show, with everyone from Jeb Bush to Emily Blunt to U.N. Secretary-General Ban Ki-moon stopping by. He sounds excited about talking to all of those VIPs.

"I want to have a point of view about what their project is, or what their position is if it's political, or what the idea of their book is, or whatever it is, but I'm honestly interested in them," says Colbert.

"As much as I'm a satirist, I'm not ironically detached from anything I talk about or anybody I talk to. The nice thing about having done it as a character is that I learned as a performer at all times to be passionately attached to what you're talking about, because then the conversation has legs. You're not pretending," he explains, before pausing and adding, "I don't fake my orgasms."

While Jimmy Fallon found a new way to take on late night by trying out funny games with celebrities, Colbert doesn't seem inclined to be a YouTube-focused host. "Viral is fun if it's worth it, but we're not going to produce viral videos. I'm going to do a show, and hopefully people will share it."

That's not to say he's set in his ways. "We've got 202 [shows] a year. We're going to find what's right for me. I don't feel like I have to come out of the gate knowing everything. I'd like to have enough humility to find it as I go," says Colbert.

Of course, the political satirist is still in there. When asked about the prospect of how Donald Trump would be as president, Colbert answers, "There have been some great presidents; there have been some bad presidents, and having a giant swinging set of balls isn't the worst thing in the world."

Predecessors

Advice from the expert

Colbert and Letterman had a long chat about the gig before Colbert started production, but he picked up one last piece of advice from the man before he left. The building the show films in has an old freight elevator that Letterman had protected during renovations, and Colbert decided he wanted to keep it as well.

"After we talked for about an hour and a half — and he was very gracious with his time — I said, 'Just one last thing. Would you show me how to run the elevator?' And he goes, 'Oh, it's the best thing in the building!' And he showed me how to run it then he showed me how to open the door so the elevator would be right there, and he said, 'There, now it's waiting for you.' And that felt like a guy teaching you how to use the tool before he leaves," says Colbert. "It was really lovely. He couldn't have been more gracious. He left me with the keys, you might say."

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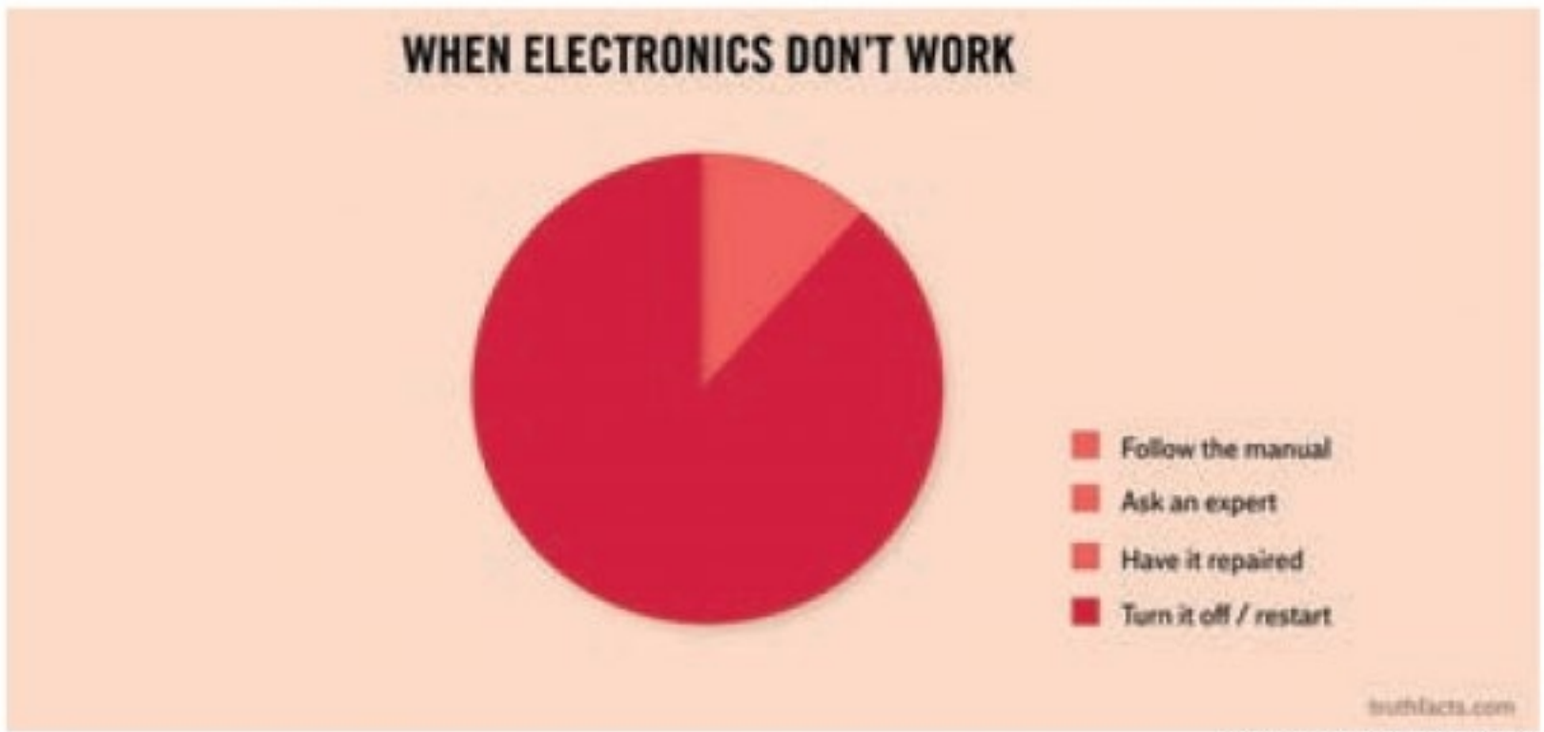

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Across

1 Prima donna
5 Air-mass boundary
10 Hey, you!
14 Ginza purchases
15 Nonsocial person
16 Journalist — Ducommun
17 Gave temporarily
18 Open a gift
19 Loan figure
20 Uses, as influence
22 Cover crops
24 Sigh of delight
25 Latin I verb
26 Miners' job
30 Thorax
35 Facilitate
36 Worn-out horse
37 "M*A*S*H" locale
38 Attic, often
41 Braggart's vacation? (2 wds.)
43 Heavy horns
44 Writer Harper —
45 Hydrocarbon suffix
46 Fencers' blades
47 Furnished
50 Mighty — —oak
53 Pocket watch chain
54 Egg-laying mammals
58 Movies, slangily
62 Pushpin
63 Priest's place
66 Lift anchor
67 Woody's son
68 "The Wreck of the Mary —"
69 Whodunit name
70 Herr's abode
71 Uplift
72 Dispatch

Down

1 Mete out
2 Alpine goat
3 Watermelon source
4 Houston team
5 Embarrassed, perhaps
6 L. — Hubbard
7 Toronto's prov.
8 Simon and Diamond
9 Park features
10 Amazon source
11 — dunk
12 Construction —
13 Jeans go-withs
21 Playpen occupant
23 Sticky-footed lizard
25 Poached item
26 Tend the turkey
27 Like a happy face (2 wds.)
28 Hacienda brick
29 No, to a laird
31 Fashionable
32 Goofed up
33 Trawler gear
34 Pre-recorded
39 "Norma —"
40 Mineral analysis
41 Always, in poems
42 Chaucer's name
44 Hosp. staffer
48 Library abbr.
49 Wading birds
51 Hammett sleuth
52 Ran a fever
54 Nile god
55 Pasternak woman
56 Bill of Rights org.
57 Round stoppers
59 Mind
60 Potter's oven
61 Hill slider
64 — chi ch'uan
65 Woof!

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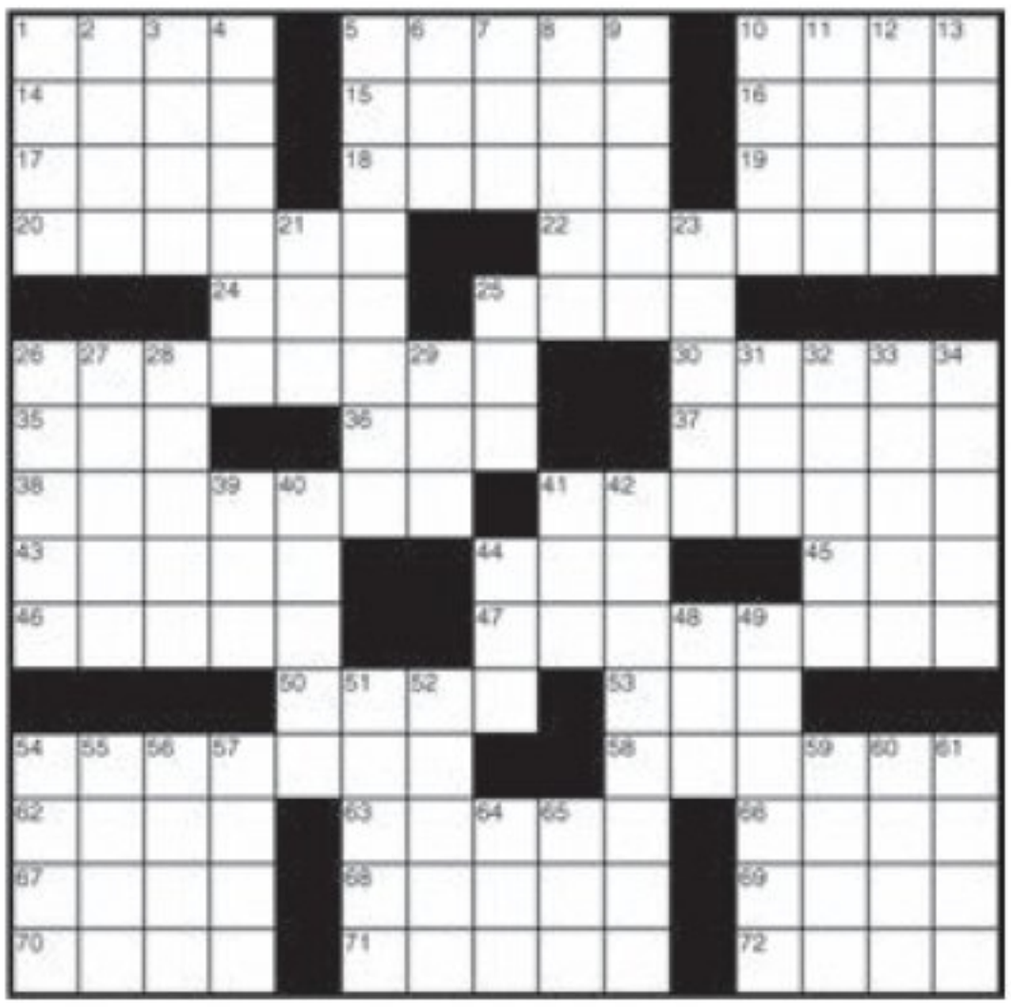

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easy

	3		2					6
9					6	5		4
		6				8		
6		2	1			7		
1		9				2		5
		4			5	1		8
		5				3		
2		8	6					1
4					9		7	

hard

	7			6				9
		6	8		4			2
		8			3			6
	8			1		4		
	6		5		2		9	
		7		8			1	
8			7			2		
6			4		8	5		
7				2			3	

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Aries Expect to face problems with the people you live with. Don't become temperamental if others don't do what you want them to.

Taurus If you are determined, you will be able to tackle tough tasks that others can't handle. If you take charge, you will outmaneuver competition.

Gemini Be steadfast in your quest for success. Strive to put your best effort into everything you do in order to get ahead.

Cancer Don't give credence to rumors or hearsay. Rise above any negativity, and focus on being helpful, progressive and mindful of those around you.

Leo Prepare to forgo some pleasurable pastimes to maintain a budget. Keep a close watch on your spending to prevent nonessential purchases.

Virgo Focus on enjoyable pursuits and pleasurable hobbies. Don't let minor issues derail your plans or ruin your outlook.

Libra Things may look troubling at first, but you will discover that it's not so bad. If you are patient, the circumstances will unfold favorably.

Scorpio Take an impromptu journey. The change of scenery will be the inspiration you need to craft a new strategy to achieve your goals.

Sagittarius A minor issue in your financial plans is best rectified quickly. You will be offered a lofty promise. Avoid a dubious deal.

Capricorn People will come to you for advice. Before offering help, you should complete your tasks. Refuse to be distracted.

Aquarius Nurturing a romantic relationship will ensure that you are unified. If you are single, the prospects for a match look good.

Pisces You are kind and thoughtful, and your empathetic nature is a great asset when dealing with sensitive issues. EUGENIA LAST

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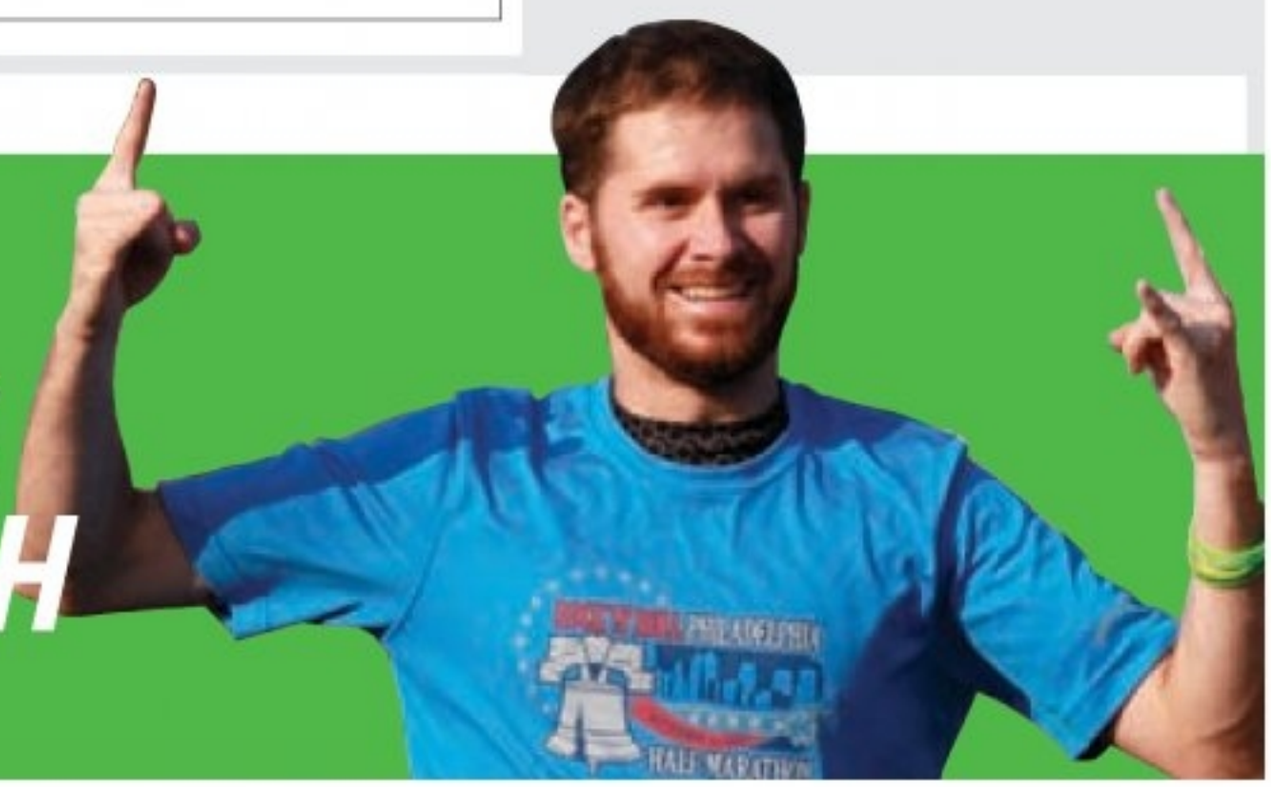

Hold on to this feeling!
ISTOCK

Get some sleep

Seriously, put down your smartphone, turn off the TV and go to bed. Even a single night of sleep deprivation makes you more sluggish, shortens your attention span and hurts your ability to learn. And a new study at Canada's Concordia University shows that kids who got the recommended amount of sleep had lower levels of the stress hormone cortisol. Keep that elevated for a while and you're headed toward heart problems and lowered ability to fight disease, not to mention weight gain and depression. All of which could lead a person to abuse harder substances than caffeine to keep functioning. So get some sleep, before lack of sleep gets you.

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How to stay *awake*

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EVA KIS
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We're all working longer hours, want to spend more time with our families and find a little something left over at the end of the day for ourselves. All of this means sleeping less, and one of the few legal ways to still be functional the next day is with the help of caffeine.

Legal or not, however, caffeine has some serious risks. A cup (or four) of coffee probably won't do more than make most people jittery, but in concentrated doses (and combined with sugar, as in energy drinks) it can be harmful, even fatal.

Last week, the FDA issued a warning about powdered caffeine after tying the deaths of two young, healthy men to overdoses. Just a teaspoon of pure caffeine is about the same amount as in 25 cups of coffee.

If you're trying to stay awake, caffeine isn't even your best option. It takes time to leave your body, so drinking it later in the day could keep you awake well after bedtime. It's habit-forming, suppresses vital neurotransmitters in the brain and doesn't actually help your sleepiness, just delays the inevitable. Try these tips for more effective, stimulant-free ways to stay awake.

Take it outside

Sitting is killing us just as surely as smoking is, so the next time you're feeling sluggish, rev your engine with a walk. Even 10 minutes will boost circulation and energy for up to two hours. Bonus: Grab your phone and step to the beat in the sunshine. Music amps you up as you shake off tension and stress, while the sunshine and groovy feelings boost serotonin (which has a role in metabolism and is suppressed by regular caffeine binges) and dopamine (which improves your concentration and mood — two things we're all low on by midafternoon).

Desk exercises

Fatigue isn't just in your limbs; you have to periodically reboot yourself head to toe. Roll your eyes and stare at a far-away spot for 20 seconds to refresh strained muscles. Give your brain some mind candy by switching tasks when you're feeling sleepy to something that's fairly fast and easy, like answering emails or even watching cat videos (this has the benefit of lowering your stress levels just as playing with a real animal would). And deep breathing is not just for yoga class — boost your circulation while lowering blood pressure (it's practically magic!) by inhaling using your abdomen, not your chest. Sit up straight, take a long, deep breath through your nose and let it push your belly out, then exhale and repeat until zen.

Intelligent refueling

Instead of reaching for an energy bar, or worse whatever is left in the office vending machine, grab something low in sugar and high in protein, such as Greek yogurt (with fresh fruit), a handful of nuts or carrots with hummus. This is high-quality energy that won't leave you shaky from low blood sugar in a couple of hours. And remember to drink water — thirst sets in when 2-3 percent of your body's natural hydration is lost, but mental effects such as fatigue and confusion, and even irregular heart rate, show up at as little as 1 percent loss. This is because blood is mostly plasma, which is mostly water, and that means good stuff isn't being distributed and waste isn't being flushed out.

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Blue is not just a feeling

Sad people literally see the world differently.

EVA KIS
@thisiskis
eva.kis@metro.us

When you're sad, the world actually becomes less bright. ISTOCK

Depression doesn't just make people feel blue — they're actually seeing the world in different hues.

Scientists at the University of Rochester looked into the science behind the metaphor, and found that people who feel sad see a less vibrant world than the rest of us.

"We were already deeply familiar with how often people use color terms to describe common phenomena like mood, even when these concepts seem unrelated," says psychology researcher Christopher Thorstenson. "Sadness specifically impairs basic visual processes involved in perceiving color."

Fascinatingly, not every color is affected. Thorstenson and his team only found complications in perception on the blue-yellow spectrum (but not red-green) among participants who watched a video designed to make them sad, versus others in the study who watched amusing or neutral videos.

Prior research has shown that how we feel affects our vision and, specifically, depression's ability to reduce visual contrast — literally graying the world.

If you're not feeling as bright as you'd like, get proactive. Make an appointment with a professional, soak up some sun while it lasts, paste on a smile — it works — and reach out to a friend for an outing. Besides getting you out of your house, being social forces you out of your gloomy headspace.

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Mindful triathlons combine a 5K run, 90 minutes of yoga and a 15-minute meditation. STEWARD NOACK AND JOHN SUHAR FOR WANDERLUST FESTIVAL

Mindful triathlons challenge the mind more than the body

What exactly is a "mindful triathlon"? We get Wanderlust Festival co-founder Sean Hoess to explain.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Color Runs are so last year. The latest organized fitness event people are signing up for in droves is mindful triathlons, which combine running, yoga and mediation. The biggest of them all is Wanderlust, which returns to Brooklyn on Sept. 13. (There's also acro yoga, slacklining and a dance party, in case the main events don't burn enough calories for you.)

We called up Wanderlust co-founder and event organizer Sean Hoess to get the details.

What exactly is a mindful triathlon?

Most triathlons are about how strong and fit you are. We wanted to create one that was much more about the mental side of things.

We combined three activities we thought were meditative: running, yoga and meditation.

How can someone be a mindful runner? Can you listen to music and run while still being mindful?

Yeah, you can. There are a lot of benefits to just synchronizing your breath and calming your mind. You can get into a trance-like state with running. The same goes for dance.

Is there a health benefit to pairing running with yoga?

Definitely. Yoga strengthens muscles and increases flexibility. Running has many more cardiovascular benefits. They are sort of like the other sides of each other.

How fit do people have to be to take part in Wanderlust?

The event is designed to be achievable even by someone who has never run, practiced yoga or meditated before. The 5K is not a race — it's just about finishing, even if you end up walking. But I won't say it's easy; the combination of all three can be more challenging than people imagine.

What's next for Owls?

NCAA. The Owls intend to bring the same winning intensity and focus to the rest of their 2015 schedule.

Can the Owls possibly keep it up in Cincinnati next week? / GETTY IMAGES

Amid all the celebration in the stands on the day Temple finally beat Penn State, while alumni throughout the country who never thought they'd live to see this day also reveled in the moment, one prevailing thought ran through the victorious players' minds.

What's next?

Having ended a 39-game string of futility encompassing 74 years with a resounding 27-10 win that left no doubt, you'd think they might want to bask in the glory. But even after erasing an early 10-0 deficit, then sacking preseason All-America candidate Christian Hackenberg 10 times while completely shutting down James Franklin's offense over the final three quarters to put an exclamation point on certainly the biggest win in school history, they were ready to move on.

"You can never be complacent," said star linebacker Tyler Matakevich, who recorded a career-high three of those 10 sacks. "That's why our coaches keep saying, 'What's next?' That's our mentality. You enjoy this, but come tomorrow it's a new day."

Across the board that's how it went. And no one was more pleased to hear it than head coach Matt Rhule, who's been preaching that gospel since Day 1.

"I believe that we won — besides having good players — because they focused on themselves and not Penn State," Rhule said after beating his alma mater. "We didn't play Penn State music. We didn't have the scout team wear blue jerseys. We focused on us and the players bought into that."

Quoted

"It's about Temple, not Penn State. To be able to do that in this magnitude of game shows an unbelievable maturity."
Temple head coach Matt Rhule

By the time the Owls get to AAC preseason favorite Cincinnati Friday for their conference opener the euphoria will have long worn off. But the Owls will be ready to prove this wasn't a fluke.

"We just say, 'What's next'" echoed defensive end Sharif Finch, whose third-quarter interception and return to the Penn State two yard line set up Walker's one-yard keeper that put Temple ahead to stay, 17-10. "Every play has to be the most important play. We're just playing our brand of football. But a lot of this has never happened before."

It's happening now, though. After years of frustration — and skepticism — Temple football has finally arrived.

Even better, it figures to hang around for awhile.

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3 SPORTS

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Two Owls honored after win

Senior linebacker Tyler Matakevich (three sacks) was named Defensive Player of the Week by the AAC conference, while running back Jahad Thomas made the weekly Honor Roll for his 29 carries for 135 yards and two touchdowns in Saturday's upset victory over the Nittany Lions.

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MACNOW: DEFINITIVE WAY TO PREDICT EAGLES WINS-LOSSES

Curious how many games the Eagles will win this year? Here's your handy guide. Tally each "yes" answer as a win, each "no" as a loss. You do the math:

Success for the Eagles begins and ends with Sam Bradford, and to a lesser extent DeMarco Murray. / GETTY IMAGES

☐ **1** No doubt Sam Bradford moves this offense. But will the oft-injured QB start and finish at least 13 games and — more important — be playing in December?

☐ **2** Byron Maxwell signed a $63 million contract to anchor the Eagles secondary. Recalling past free agent cornerbacks, are you confident he'll perform closer to Troy Vincent than Nnamdi Asomugha?

☐ **3** The special teams and defense scored 11 touchdowns in 2014 — third-most all-time. That's unlikely to happen again. So let's be fair: Can they score seven times through turnovers and returns?

☐ **4** Trends suggest DeMarco Murray seriously backslides after lugging the ball 497 times for the Cowboys last season. Chip Kelly won't hand him that workload, but are you confident Murray can match his 4.8 yards-per-carry career average?

☐ **5** Speaking of Murray, Dallas replaced him with a guy named Christine (Michael). Will that drop-off in talent will put the Cowboys' defense on the field long enough to expose their ineptitude?

☐ **6** Are you feeling good about placekicker Cody Parkey's groin?

☐ **7** Inside linebacker should be a strength for the Eagles. Of course, that's only if they get healthy seasons from Kiko Alonso, DeMeco Ryans and Mychal Kendricks. So ... will they?

☐ **8** Remember Evan Mathis and Todd Herremans? They're gone. Ever heard of Allen Barbre and Andrew Gardner? They're your starting guards. Does that make you feel warm and fuzzy?

☐ **9** Do you agree Fletcher Cox got ripped off by not making the Pro Bowl last year, and — along with Bennie Logan and Cedric Thornton — now gives the Eagles an elite front three deserved of a cool nickname?

☐ **10** We concur, the Giants and Redskins are both dog meat this season, right?

☐ **11** Let's see ... Jordan Matthews and rookie Nelson Agholor. How about a combined 140 catches and 1,800 yards from the young receivers?

☐ **12** Will defensive coordinator Billy Davis be able to figure out this nickel cornerback situation, either with rookie Eric Rowe or anyone else?

☐ **13** Lane Johnson hasn't been a bust over his first two seasons, but he hasn't been great. Is this the season he justifies his No. 4 overall pick in 2013?

☐ **14** Can we expect any production from last year's first-rounder Marcus Smith? Anything? Hello? Anything at all?

☐ **15** Last year was a fine one for Brandon Graham (finally played like a top draft pick) and Connor Barwin (established himself as the coolest guy in town). They combined for 20 sacks. Will they do it again?

☐ **16** Simple: Is Chip Kelly the smartest guy in the room?

What's your tally? I got "no" on 3, 7, 8, 12 and 14, which means I forecast an 11-5 season. Of course, if the answer to Question 1 is a "no," the quiz likely ends there.

See you in the playoffs.

The slate

If you'd prefer, here's the other way to attempt to predict the Eagles' record:

- **Week 1:** at Falcons
- **Week 2:** vs. Cowboys
- **Week 3:** at Jets
- **Week 4:** at Redskins
- **Week 5:** vs. Saints
- **Week 6:** vs. Giants
- **Week 7:** at Panthers
- **Week 8:** Bye
- **Week 9:** at Cowboys
- **Week 10:** vs. Dolphins
- **Week 11:** vs. Buccaneers
- **Week 12:** at Lions
- **Week 13:** at Patriots
- **Week 14:** vs. Bills
- **Week 15:** vs. Cardinals
- **Week 16:** vs. Redskins
- **Week 17** at Giants

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MEDICAL RESEARCH

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LEGAL NOTICES

Court of Common Pleas for the County of Philadelphia, August term, 2015, No. 1203. Notice is hereby given that on August 18, 2015 the petition of Aaron Anthony Dempsey was filed, praying for a decree to change his name to Aaron Anthony Childers.
The Court has fixed courtdate, September 14, 2015 at 10:00 A.M. in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause, if any they have, why the prayer of the said petition should not be granted.

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